

Anusara Yoga® Intensive

with Noah Mazé

October 7 - 10, 2010

Day 1 - Thursday, October 7:

9.00am - 12.00pm; **Alignment and Form; lower body**

Clear alignment decreases pain and increases wellness. This workshop will focus on technical alignment, moving you through a range of asanas from the Level I (beginning) syllabus. Beginners and experienced yogis alike will benefit from increased clarity and skill of lower body alignment which will be immediately applicable in your practice. This class is also appropriate for anyone with biomechanical injuries, as it will provide you with tools and modifications for your injuries and "trouble shoot" poses that give you grief. Come prepared to do your body a great service by learning these special techniques for increasing body awareness in your asana practice and in your life.

1.30pm - 4.30pm; **Art of Sequencing**

For teachers and committed students, this session will consider many ways to increase the creativity and efficacy of your asana sequencing to manifest your intention in class and practice. It is easy to fall into familiar methods of sequencing, and you will leave this session with many ideas and tools to expand.

Day 2 - Friday, October 8:

9.00am - 12.00pm; **Alignment and Form; upper body**

Clear alignment decreases pain and increases wellness. This workshop will focus on technical alignment, moving you through a range of asanas from the Level I (beginning) syllabus. Beginners and experienced yogis alike will benefit from increased clarity and skill of lower body alignment, which will be immediately applicable in your practice. This class is also appropriate for anyone with biomechanical injuries, as it will provide you with tools and modifications for your injuries and "trouble shoot" poses that give you grief. We will also address a variety of musculo-skeletal injuries and misalignments related to the upper back, neck, shoulder girdle, elbows, wrists and hands. Come prepared to do your body a great service by learning these special techniques for increasing body awareness in your asana practice and in your life.

1.30pm - 4.30pm; **Adjustments**

For teachers and committed students, this session will focus on skillful observation and manual adjustments to help the experience deeper alignment in asana.

Day 3 - Saturday, October 9:

9.00am - 12.00pm; **Hearts of Courage - Backbends**

Many yoga practitioners are reluctant back-benders, since the stakes are higher and many experience pain in these poses. But backbends are potent and powerful poses that have the capacity to transform us (especially when we practice for love). Whether you already love backbends, or would like to experience the love, do not miss this workshop. We explore how to eliminate pain in backbends, as we sequence intelligently, applying the alignment of the previous sessions into the sweetness and power of basics to intermediate to advanced backbends. Come ready to work and play hard!

1.30pm - 4.30pm; **Yoga Therapeutics; lower body**

Building upon Thursday morning's session, we will use the Universal Principles of Alignment to alleviate pain and discomfort, and increase freedom. This session will address a variety of musculo-skeletal injuries and misalignments related to the lower back, pelvis, hips, knees, ankles and feet.

Day 4 - Sunday, October 10:

9.00am - 12.00pm; **Art of Flying - Hand Balancings & Inversions**

This class will progress through standing poses, hip openers and forward bends to prepare us for hand balancings and inversions on all three syllabi; basics to advanced. Come ready to work and play hard!

1.30pm - 4.30pm; **Yoga Therapeutics; upper body**

Building upon Friday morning's session, we will use the Universal Principles of Alignment to alleviate pain and discomfort, and increase freedom. This session will address a variety of musculo-skeletal injuries and misalignments related to the upper back, neck, shoulders, elbows, wrists and hands.

Investment: RM1500 (Earlybird discount: RM1300 before September 10)

Full day: RM375 / Per session RM200

For bookings, please contact: Vincent +6012-2683691 or Kevin +6017-3635852 or email vincent_yoga@yahoo.com.

For more info, please visit www.vincenttamyoga.com

Venue: 70 Lorong Buluh Perindu 4, Taman SA (off Jln Damansara)

Noah Mazé is celebrated in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara® Yoga. Born into a household of yogis, Noah grew up steeped in the yoga tradition and its practices. In the 1990s, Noah worked as an outdoor educator and wilderness guide, helping people access the transformational power of nature. After a life long study of yoga, Noah began studying with John Friend in 1995 and was awestruck. Not long thereafter, he also became a devoted student of Tantric scholar, Dr. Douglas Brooks. Noah was certified to teach Anusara® Yoga in 2002. Widely sought out as a teacher's teacher, Noah is one of only twelve individuals worldwide serving on the Anusara® Yoga Curriculum Committee. He also sits on Anusara® Yoga's Certification Assessment Committee, and has been invited to teach with John Friend at both of Anusara Yoga's "Grand Gatherings." Noah's therapeutic teaching is informed by years of anatomical study, successful practice with rehabilitating injured students and his experiential knowledge of the body and its innate healing capacity. Noah maintains an active local, national and international teaching schedule. In his limited spare time, he enjoys riding his bike, shopping at the farmer's market and reading obscure yogic texts. Noah lives in Los Angeles with his wife, Tracy, and their sweet toddler, Madeleine, and four rescued four leggeds. www.noahmazeyoga.com

